

FOOD & FAMILY

COOK OF THE WEEK

Cook of the Week is Mrs. Helen Winge of 16821 Wilkie Ave., Torrance, whose recipe for peach cake wins her \$5. The recipe offers a tasty way to make use of the fresh peaches still available in the supermarkets. A moist cake, it travels well to fall picnics in a covered pan. The recipe was passed on to Mrs. Winge by her sister.

PEACH CAKE

1 cup shortening
1½ cups sugar (white)
2 eggs
2 cups fresh, mashed peaches
1 cup raisins
2 cups flour
1 tsp. allspice
1 tsp. cloves
1 tsp. cinnamon
2 tsp. soda
Cream shortening, sugar and eggs. Heat mashed peaches and add to the creamed mixture. Sift together flour, spices and soda and blend in well.
Add raisins, which have been cooked slightly and

dredged with some of the above flour. Bake in a 13x9x2 inch greased pan at 350 degrees for 30 to 35 minutes. (This is a moist cake so be sure it is done).

BROWN SUGAR FROSTING

½ cup butter or margarine
1 cup brown sugar
¼ cup milk
1¾ cups powdered sugar
Melt butter; add brown sugar. Boil over low heat for 2 minutes, stirring constantly. Add milk and bring to boil while continuing stirring. Cool to luke warm. Add powdered sugar with electric mixer. Beat until smooth. If more powdered sugar is needed for correct consistency it may be used.

If you have a favorite recipe you would like to enter in the Cook of the Week contest, mail it to Food Editor, Torrance Press, 3238 W. Sepulveda Blvd., Torrance. Weekly winners receive \$5.

Exotic Dishes Add Dash of Spice to September

When unseasonal September rains put indoor activities at the top of your things-to-do list and you find you're a yen for getting away from it all, put the bonus hours to use as you explore other lands via the kitchen stove.

At the recent "cuisine and queen" contest at the California Home Show, Los Angeles women with varied national backgrounds submitted recipes of their native lands which you might like to try.

Contribution of Renate Mozeq is a German favorite, red cabbage, rouladen is served with mashed potatoes.

RED CABBAGE ROULADEN

Red Cabbage: 1 hd. red cabbage, finely chopped; 1 red apple, finely pared and peeled; 2 to 3 cloves, 2 bay leaves, 2 Tbs. sugar, 1 Tbs. vinegar, ½ cup red wine, ½ cup water, 2 Tbs. bacon drippings, salt and pepper to taste. Cook all ingredients for two hours. When done, add 1 Tbs. cornstarch to pot liquor to thicken.

Rouladen: 4 large slices flank steak or swiss steak. For the filling, mix the following ingredients: chopped bacon, dill pickles, sliced onions, horseradish to taste, salt and pepper to taste. Use own judgment as to the amount place in each roll, fasten with toothpicks or string. Heat bacon drippings in frying pan, brown rolled meat and then place in baking dish and bake in moderate oven for 1 hour, or until meat is tender.

Simple to prepare, yet flavorful is the Dutch recipe of Ellie Tol, Zuurkool.

ZUURKOOI

Peel 6 medium sized potatoes (about 5 cups) and cut in small pieces. Boil, with a little salt, until tender. Mash or whip.

Boil 5 cups of sauerkraut for about 20 minutes. If sauerkraut is to bland, add a little more salt.

Broil or fry smoked sausage links until tender. Drain off fat.

Mix the potatoes and sauerkraut. If so desired add a tablespoon of butter while mixing. Top mixture with sausage links and serve. Makes 5 to 5 helpings.

Hungarian recipe contributed by Linda Vargo is Szekei Gulyah.

SZEKEI GULYAH

6 lbs. pork shoulder
1 Tbs. meat tenderizer
4 large onions
½ cup salad oil
1 Tsp. salt
1 cup tomato sauce
1 cup water
1 lb. Kolbasz (Hungarian sausage)
1 small hd. Cabbage, sliced thin
4 cups sauerkraut, drained

MEAL-IN-ONE

Slip this meal-in-one into the oven on busy days of house-cleaning, fall gardening or golfing. Place pork chops in casserole. Add tomato rice soup, ripe olives wedges, a dash chilli powder and instant minced onion. Arrange thinly sliced zucchini around edge and bake in moderate oven one hour. Top with grated cheese and ripe olive slices before serving.



REMODELED KITCHEN center, recently completed in the lobby of the Southern California Gas Co. at 158 South La Brea Ave., Inglewood, has been designed to give ideas to modern homemakers who are remodeling older kitchens or building new ones.

Ideas demonstrated include new concepts in lighting, cabinet design, storage and shelving efficiency and new materials for counter tops and flooring. It will be open for public inspection.

Kitchen Idea Center Open for Inspection

Completion of a spectacular kitchen remodeling center in the lobby of the Southern California Gas Company at 158 S. La Brea Ave., Inglewood, has been announced by G. M. Babbe, manager of the firm's Southwest Division.

In making the announcement, Babbe stated that the center is a strikingly different gas display kitchen planned to serve as an "idea center" for modern homemakers who are remodeling older kitchens or building new ones. It is expected that the new culinary center will be open for public inspection later this month.

Designed by the Gas Company's kitchen planning staff, the Balanced Power homemaking center has been named "La Cocina Verde," or "The Green Kitchen,"

because of its color scheme and a unique linking of indoor and outdoor living.

The clean, uncluttered lines of "La Cocina Verde" present a curved island cooking center complimented by a complete line of gas appliances built into ceramic tile and red birch cabinetry.

Reflecting the history of a Spanish Southland, the early California motif is tastefully projected in traditional Spanish-styled, rattan furnishings and liberal use of copper and brass in hardware and color matched appliances. The kitchen was built by Pallante and Ginter Construction Company, Inc., of Lawndale.

In addition to serving as a showcase for gas appliance placement and installation,

the remodeling center demonstrates new concepts in lighting, cabinet design, storage and shelving efficiency, as well as the use of new materials for counter tops and flooring. The kitchen area is gas air conditioned for visitor's comfort.

Babbe pointed out that an attractive part of the center is the outdoor living area adjacent to the kitchen. Beautifully landscaped, this gracious patio area is equipped with Char-Glo barbecue and is softly lighted by a combination gas light and fountain.

The division manager explained that the entire display will provide a central location where local homeowners and builders may browse for new ideas suitable for their own homes and building projects.

Gas-Fired Barbecue Aids September Patio Parties

Late summertime entertaining is the most fun and the easiest. For this reason more parties are usually planned and given during September. These parties usually involve more guests, as the area for entertaining is generally larger.

Larger parties involve more thought and ahead-of-time preparation in order to make the entertaining easy and organized. Easy to serve dishes with little or no last minute preparation are important.

One of the biggest helps along these lines is the new temperature oven control on the new modern gas ranges. This allows cooked food to be held for several hours without drying out or deteriorating in quality. The perfect serving temperatures are between 140 degrees and 170 degrees. These controls are on all of the newest gas ranges.

Foods can be arranged on serving platters or dishes; any china, pottery or high quality plastic is safe at temperatures below 190 degrees.

GAS-FIRED BARBECUE
To add ease to outdoor entertaining, a gas-fired barbecue is the answer. Using ceramic coals which last a lifetime, are self-cleaning and only take 15 to 29 minutes to preheat. By using a can be controlled from high to low for as long as is necessary.

No need to have to add extra charcoal or wonder if the fire is too hot or too cool; it is always just right. Large roasts, turkeys or chickens could be done to perfection on this barbecue very easily

with a minimum of attention.

To aid the entertaining atmosphere and comfort of your guests, the gas-fired patio heaters provide just the right amount of warmth. There are portable models as well as those that are permanently installed. The gas-fired patio heaters heat through air and are stopped only by objects thereby heating them.

If an evening pool party is in the offing, the patio heater is just the appliance to have; there will be no chills for your guests when they emerge from the warm gas heated pool.

In planning a party menu remember to keep it simple; the hostess should enjoy her own food as well as the guests. A "fix a head of time" variety. Plan on one hot hors d'oeuvre such as cocktail wieners or meatballs in a sauce kept hot in a chafing dish. A relish plate with a dip is perfect as the cold hors d'oeuvre; also one the calorie conscious people will like.

A menu your guests will go for includes a cabbage salad, chicken tetrazzini and French style green beans. If an addition salad is desired either a tossed green salad or gelatin mold will fill the bill. Depending on whether there is any additional kitchen help, an elaborate or simple dessert may be served.

A favorite dessert of ours at the Gas Company is one of the simplest. Have your guests make their own sundaes. Provide a variety of sauces and toppings, and they can choose one or all toppings as they wish.

File these recipes in the party file, where they will be available for your next party.

CHICKEN TETRAZZINI

18-20 cups cooked chicken or turkey, in large pieces
½ cup butter or margarine
¾ cup all-purpose flour
5 tsp. salt
½ tsp. pepper
½ tsp. nutmeg
2 qts. chicken broth
1 cup heavy cream
¾ cup butter or margarine
3 lb. sliced mushrooms
chicken broth
2 Tbsp. salt
3 8-oz. pkg. fine noodles
½ cup melted butter or margarine (optional)
2 Tbsp. fresh, frozen or canned lemon juice
2/3 cup grated parmesan cheese

In large kettle over medium flame melt ½ cup butter; stir in flour, salt, pepper, nutmeg. Now stir in 2 quarts chicken broth and cream. Cook over medium flame, stirring until thickened.

In ¾ cup butter, saute mushrooms, about 1 lb. at a time until brown. Bring to boil 2 quarts water plus 2 Tbsp. salt. Add noodles; cook until tender, 10-15 minutes; drain; if desired, add ½ cup melted butter; season with more salt and pepper if needed. To sauce, add chicken and mushrooms; heat.

To serve: Add lemon juice range noodles on dinner to chicken mixture. Arrange; top with chicken; sprinkle with cheese. Makes 25 servings.

Sewing Circles

By BECKY SCHAEFFER

With just a touch of professional admiration, I recently examined a garment being made by my friend Mrs. Charles Goodenberger. It is a suit, with a "Rajah jacket," made of exquisite drapery material in a very muted turquoise. Every seam was expertly finished, and Marge was just putting the last few stitches into place.

Like most experienced seamstresses, Marge knows that little things count toward the professional quality of her work. A little strip of material behind the zipper, a piece of wear-absorbing tape here and there, and her work has a quality many times the price of the material.

With five healthy children from under two to twenty-one years of age, Marge says she can't afford not to sew. Her boys go to school in wool shirts which they are delighted to say their mom made, and the girls are always fresh and sweet in frocks one would never think of as economical.

In addition to the suit mentioned, Marge has made stunning things for herself and friends. Each is as beautifully finished inside as outside, and for me, a joy to look at.

In our discussions (Marge is vice president of the Seamstresses) we have often reinforced our position that there are few things as satisfying to a woman as sewing.

"When you have five kids," says Marge, "those evenings can get pretty long. You'd be amazed at how much I get done!"

"There is a certain, unparalleled kind of joy at seeing your baby girl in the cuddly nightgown you've made, or all the kids bright as angels in their Easter finery, all the product of your flashing needle.

If you have read this column more than once, you have probably seen my opinion stated that sewing is only a satisfying pastime if you put much of yourself into it.

To Marge, and those like her who demand perfection in every detail, congratulations on your discovery of an art that is almost a philosophy. In the exact proportion that you give of yourself to your oldest of crafts, it will reward you in dollars, in pleasure and in satisfaction.

TODAY'S HINT:

When placing darts in these materials which pull loose easily, sew a tiny square of material at the bottom of the dart. This will hold those last few stitches where tying or back stitching might not do the job. (Courtesy of Mrs. Goodenberger)

Foil-Cooked Fish Foil Foul Fumes

September is when the amateur fisherman shines. This is the time of year when friend husband comes proudly home with proof of his fishing skill.

The next move is up to the wife. It is up to her to prove that she can cook that "catch" as skillfully as it was caught.

One of the easiest ways to cook fish is in foil. This way it requires no watching and there are no smelly stove dishes to clean after the fish dinner.

Stuffed fish baked in foil

is one of the epicurean seafood dishes featured by some of the most famous restaurants. A recipe which any one of these eating places would be proud to serve calls for an oyster stuffing. Bass is recommended, but other species of fish can be substituted.

STUFFED FISH

1 six-pound fish, split, boned
¼ cup butter, melted
Salt, pepper
1 cup steaming oysters, chopped
3 cups stale bread cubes
2 tps. salt
¼ tsp. pepper
¾ tsp. sage
3 tps. butter
1 onion, minced
2 tps. minced parsley
½ cup minced celery
Place half of fish, skin side down, in center of a lightly greased sheet of heavy duty aluminum foil. Place chopped oysters in fry pan; cover; saute five minutes; drain.
Combine bread cubes, salt, pepper, sage; add oysters. Melt three tablespoons butter in fry pan; add onion, parsley, celery. Saute until tender; add to bread mixture; blend.
Spread stuffing on half of the fish. Place other half, skin side up, on stuffing. Fasten together with skewers.
Brush with one-fourth cup melted butter. Sprinkle with salt, pepper. Bring up sides of foil over fish in tight double folds; fold up ends.
Place on baking sheet; bake one hour at 400 degrees. Open foil push down around fish; brush with melted butter. Return to oven for additional 30 minutes or until fish is golden brown; brush occasionally with melted butter. Makes six servings.

OVEN FRIED FISH

2 lbs. fillets, steaks or portion fish
1 tps. salt
1 cup milk
1 cup dry bread crumbs
¼ cup butter or other fat, melted
Cut fillets into serving-size portions. Add salt to milk. Dip fillets in milk and roll in crumbs; place in a baking dish lined with aluminum foil. Sprinkle each piece of fish with butter.
Bake in an extremely hot oven (500 degrees) for 10 to 12 minutes or until fish flakes easily when tested with a fork. Serves six.

Teenagers Favorite

By LYDIA PERRINS

For ground beef that makes light, tender and juicy hamburgers, have your beef ground to order by the butcher, and ask him to put it through the grinder just once.

HAMBURGER BARBECUE-STYLE

2 lbs. beef chuck, ground
¼ tsp. coarse ground black pepper
1 can condensed tomato soup
½ tsp. sugar
2 tsp. vinegar
½ tsp. salt
¼ cup worcestershire sauce
Sprinkle hamburger with pepper and mix lightly. Shape into 8 cakes or patties. Quickly brown hamburger patties on both sides on hot skillet. In small saucepan, combine remaining ingredients and bring to a quick boil. Put hot sauce over browned hamburgers. Simmer over low to moderate heat about 15-20 minutes, until done as desired. Cook longer for very well done patties. (Makes 4 servings, or 8 patties with sauce.) If desired, these hamburgers may be prepared ahead of time and reheated for serving at picnic or barbecue. Serve on soft hamburger buns for easy eating.

For free recipe booklet for Teenagers, "Simple Fare With a Flair," write to Lea and Perrins, Inc., Fair Lawn, N. J.